

SUMMER STORMS

Play it safe



THINGS TO KNOW...

- If you're outdoors, **take shelter** in a sturdy building.
- Stay away from doors and windows.
- Use only **wireless phones**.
- Don't use the shower or bathtub.
- **Unplug** sensitive electronic appliances such as computers, TVs, VCR and DVD players, etc.
- **Make sure backup generators are properly wired** to prevent feedback when disrupted electric service is restored.

PREPARE AN EMERGENCY STORM KIT...

- Flashlight and extra batteries
- Battery-powered NOAA Weather Radio and portable radio to receive emergency information
- Food requiring no cooking or refrigeration
- Extra medicine, baby items, and pet supplies
- First-aid supplies
- If you see a **fallen or low-hanging power line, call 911**.



WHAT TO LISTEN FOR...

- **Summer storm watch**
Severe weather conditions **are possible** within the next day or two. **Prepare now!**
- **Summer storm warning**
Severe weather conditions **have begun or are about to begin** in your area. **Stay indoors!**
- **Excessive heat warning**
Issued within 12 hours of the onset of the following: heat index of at least 105°F for more than 3 hours per day for 2 consecutive days, or heat index more than 115°F for any period of time.

HEAT FACTS...

- Heat is dangerous when it pushes the human body beyond its limits. Under normal conditions, the body's internal thermostat produces perspiration that evaporates and cools the body. However, **in extreme heat and high humidity**, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
 - Most heat disorders occur because the victim has been **overexposed to heat or has over-exercised** for his or her age and physical condition.

